#### Frog Hollow Swim & Tennis Club

P.O. Box 3122 South Amboy, New Jersey 08879



## THE 38th ANNUAL INDEPENDENCE RUN RUN HEALTH WALK

"The Run Through the Streets of South Amboy"

For the benefit of

# South Amboy First Aid & Fire Department

Come out and support the volunteers who give so much of themselves to serve us

- Early Bird Discounts
- Free Youth Run Fun
- Tee Shirts
- Post Race Picnic for All of the Participants
- All Day Swimming and Tennis

June 27, 2015 9:00am

## Frog Hollow Swim & Tennis Club

Presents

### REGISTRATION

• 7:30 am
• 8:30 am
• 9:00 am
• 9:15 am
• 10:00 am
• 11:00 am

Picnic Begins

Awards

5K Run Stars

Fun Run Starts

Registration Begins

Health Walk Starts

Frog Hollow P.O. Box 3122 South Amboy, New Jersey 08879

Registration Form Available On-Line www.froghollowswim.com

#### COURSE

5 Kilometer run through the streets of South Amboy Hills & Flats, Timed and 2
Water Stations

ENTRY FEE

\$20 in advance

\$25 at the Gate

#### AWARDS

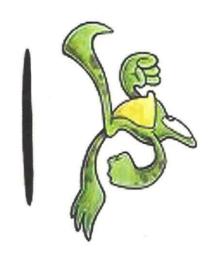
Medals for Age Groups 15-20, 21-25, 26-30, 31-35, 36-40 41-45, 46-50, 51-55, 56-60, 61-65 66-70, 71-80, M&F

Dan (732) 721-6592

Rain or Shine!

### SCHEDULE

# Frog Hollow Swim & Tennis Club



Street

## **About the Race**

All proceeds of the race this year will be donated to the South Amboy First Aid Squad and South Amboy Fire Departments evenly.

Frog Hollow began the race in 1977. At its inception, the race, was a 5-mile Run and held on the 4th of July. It became necessary to move the date from the Holiday to the first Saturday preceding the 4th of July.

South Amboy is a town rich in the history of New Jersey's commerce and railroads. The landscape is rolling hills, flat lanes and the Raritan Bay Water Front Park.

### DIRECTIONS

### From the North:

GSP to exit 123. Take Route 9 South ½ mile to Bordentown Ave. Make a right on Bordentown Ave. Go 1.5 miles to the 1st traffic light. Make a right on South Pine Avenue. Make 2nd left.

### From the South:

Route 35 North ½ mile past Morgan Bridge, bear right to South Amboy Business District sign. 3rd right past Christ Church Cemetery.

## OFFICIAL ENTRY FORM June 27, 2015

First Name	Last Name
	(4)

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Phone		

DOB

Age on
Race
Day
Sex

Mail Registration To:

Frog Hollow P.O. Box 3122 South Amboy, New Jersey 08879

## **ENTRY FEES**

o \$20.00 Advanced Registration With Tee Shirt o \$25.00 Race Day

With Tee Shirt – While Supplies Last

## TEE SHIRT SIZE

oMedium oLarge oX-Large oXX-Large

EVENT INFORMATION
(732) 721-6592 Dan
(732) 727-9094 Frog Hollow
www.froghollowswim.com

In consideration of this entry accepted, I hereby for myself, heirs, executors and administrators waive any claims I may have against Frog Hollow Swim and Tennis Club, its Board of Governors, its members, volunteers, sponsors and The City of South Amboy from any injuries suffered by me. I am physically able to complete this event.

Signature (parent or Guardian if under 18)

Date